



Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: cwoods@thekeeneseniorcenter.org

Website: www.thekeeneseniorcenter.org

Senior Center Hours: Mon-Friday 8:30 AM-4:30 PM and Saturday
10:00AM-2:00PM

Thrift Store Hours: Mon-Friday 9:00 AM-4:00 PM and Saturday
10:00AM-2:00PM

Senior Center

KEENE SENIOR CENTER NEWSLETTER

November 2018



SATURDAY DECEMBER 1, 2018

9:00AM to 2:00PM

HOLIDAY FAIRE

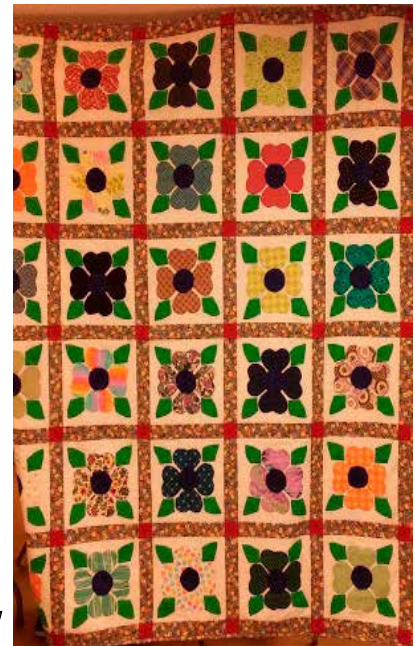
QUILT RAFFLE

“Petals and Posies”

The Quilts R' Us group at The Keene Senior Center gathered the 30 donated blocks to create a 69 1/2 x 82 inch quilt for our Holiday Raffle. (Queen size topper).

The “Petals and Posies” are hand appliqued in various colors with royal blue centers.

Raffle tickets: \$1 each or \$5 for six tickets



Also, there will be gift baskets raffled, *Cookies* and *more cookies*, and *more cookies* and *more cookies* and *more cookies* to buy. There will be handmade greeting cards and gifts too!

~ AND.....Santa will visit for from 11-2.

~ Lunch will be available from 11:00 to 1:00PM

~ Raffle drawings at 2:05PM.



**Home Fire Safety Tips for Seniors put
on by Cheshire Village at Home—
November 29 @ 2:15**

Statistics from the National Fire Protection Association show that people 65 years of age and over are more than twice as likely as the general population to die or become severely injured in a home fire. In days past people had more time to evacuate their homes. In today's world of synthetic fabrics and materials, people have less than 30 seconds to get out before the fire consumes a room. Seniors can greatly reduce their risk of danger and death from a home fire by following some common sense prevention tips and guidelines.

All are invited to come to the Senior Center to hear Lt John Bates, Keene City Fire Safety Officer speak on the topic of: **Home Fire Safety Tips for Seniors.**

Medicare 2019

Originally signed into law by Lyndon B Johnson on July 30, 1965, to allow all US citizens age 65 and older the right to health insurance, Medicare turns 53 this year. Originally including only Parts A & B, several improvements have been made to the original Medicare, as well as to Medicare Advantage, for 2019.

Improvements for **all Medicare beneficiaries** in 2019 include:

- This year Medicare is making improvements in seven areas in an attempt to be more user friendly and easier to understand. Some of the changes affect all recipients and others affect those who have Medicare advantage plans.
- All beneficiaries will gain from Congress eliminating the Medicare **therapy cap** that previously limited the number of Physical, Occupational or Speech Therapy visits Medicare would pay for in a calendar year. There will be no cap starting in 2019.
- Medicare is updating and improving both the written handbook as well as the online Medicare Plan Finder tool. The handbook will now include checklists and charts and online a 'new and improved' coverage wizard will allow enrollees to compare and contrast the coverage and costs between the original Medicare with Medicare Advantage plans.

- In March of 2018 Congress passed a spending bill that closes the **donut hole** for brand-named drugs. Next year, in 2020, the donut hole will close for generic medications.
- Medicare is progressively expanding the availability of **telemedicine health programs**, allowing patients and medical practitioners to communicate by phone or internet. Beginning in 2019, patients who are being treated for stroke, or those with end stage renal disease, can confer with their medical practitioner via phone or the internet, and this will be covered by Medicare.

Improvements for **Medicare Advantage Plans**:

- Congress will now allow people to 'test drive' a Medicare Advantage plan for up to three months to see if they like it. If not, they can try another Advantage plan or switch to original Medicare.
- In an effort to expand the definition of what services Medicare covers, and to help keep seniors in their homes longer, Medicare Advantage Plans have the option to offer transportation to and from the doctor's office, coverage for meals delivered to the home, and even coverage for installing safety features in the home, such as grab bars, or even a ramp, as long as there is a written order from your physician. Check your Medicare Advantage Plan to see if they offer this service.
- Also in keeping with broadening the scope of services to keep seniors in their home, Medicare Advantage plans will have the option to pay for in-home health aids who can help with activities of daily living, such as dressing, hygiene, personal care and eating.

Check out the Medicare website at www.medicare.gov for more information.

Thanks to Wikipedia, AARP, Medicare, and the Senior List for the information for this article.

Dear Members and Friends,

As we enter the month of November, and approach Thanksgiving, I would like to mention some of the things to be thankful for at Keene Senior Center. It seems a particularly fitting time to do this at such a pivotal time in our storied sixty-one year history which is so poignantly recorded in our archives and on the banner created for our 60th Anniversary in the dining room. We are building on the contributions and spirit of thousands of members, volunteers, board members, businesses, and other community organizations going back to 1948.

Our 500 members make the senior center what it is today, an energetic, inviting and friendly place to be, and a place for socialization, wellness, and growth. Over 200 volunteers make this possible. They lead our programs, bring talents and passion to our Board and its committees, and help with daily operations. Our "Operation ABLE" employees are indispensable working at the reception desk, in the kitchen and thrift shop, in our Cheshire Village at Home program and with facility operations. Everyone's contribution makes 70 Court Street thrive and glow.

We can be thankful for our programs that have benefited from talented leadership and loyal followings, with leaders and members supporting one another through life's trials. And how about our Senior Swingers, the Super Seniors and Cheshire Village@Home programs which are outstanding programs that serve as great ambassadors of the senior center?

We could not exist without the support of hundreds throughout the community. Many members, in addition to their membership fee, give us generous donations to the extent that they are able, and individuals and business donors increasingly support our work. The City of Keene's grant, Monadnock United Way's support, and grantors such as The Kingsbury Fund, More Than A Thrift Store, New Hampshire Charitable Foundation, and Hannaford's are major reasons why we can do our work. Also, revenues generated by clothing donations to our thrift shop, and the dedicated work of our employees and volunteers who run it, are significant and inspiring.

Our collaborations with various community organizations make us stronger, and better able to serve our members. These include Keene State, Antioch, Cheshire Medical Center, Keene Family YMCA, HCS, Keene Rotaract Club, and Leon's Auto Center. Our vendors also contribute to our success, and we thank them for working with us through various building and weather-related challenges.

We are very fortunate to have Cheryl Woods, Assistant Director, and Meg Whittle, Assistant Director CV@H on our staff. Their dedication and hard work have kept us on track through a particularly challenging year. We are stronger as an organization because of them, and they have contributed greatly to what we have accomplished in 2018.

Keene Senior Center will continue to grow and expand programs like our inter-generational program with Keene Family Y, being open on Saturdays, and an initiative with CMC, Keene Family Y and Keene Rotaract Club to reach and serve seniors who are socially isolated. We will continue to strengthen our fundraising efforts and continue the feasibility study process with the City of Keene. At this pivotal time in our history, we are especially committed to strong and transparent communications with our members, and acting with confidence and energy because of all we have to be thankful for.

Sincerely,

Cam

Cameron Tease



Ride the Bus!



We encourage all of our **Cheshire Village at Home** members, who live in Keene, to ride the Friendly Bus. You (or we!) can easily arrange for them to pick you up at your house, and drop you at The Senior Center, and return at a time of your choosing to bring you home. That way, you don't have to arrange a ride, or try to find a parking spot in our small parking lot!

We have a partnership with the Friendly Bus, so it's **free to CVAH members**. Just show them your CVAH ID we mailed out to you in the past month or two.

Call #352-8494 to arrange for your ride or call us at Cheshire Village at Home: #903-9680



Super Senior Dancing

All who participate in Super Senior Dancing agree it is the most fun way to stay fit!!

Classes are every Tuesday at 10:30 at the brand new MoCo studio on Roxbury St. Whether you want to perform or not, whether you want to dance with grandchildren or not, whether you have some stiff joints or not, whether you haven't danced in years or ever, you will be charmed by our talented instructor, Kristen Leach. Dancing is free!! Bring clean shoes to change into and be prepared to leave with a smile! Questions, call Sally Rinehart #203 770-3681.



We will be a gathering to *Decorate the Senior Center* on Friday November 16th at 3PM. Come help make the Senior Center look and feel festive for the upcoming holidays. Refreshments will be served.



Calling all cookie bakers!! A major part of our Holiday Faire is the sale of home made cookies. Won't you make a dozen? Please drop off your cookie donations from Wednesday November 28th to Friday November 30th.

"Like" our Facebook page and see all of our ongoing activities!



The Senior Center is now open for members on Saturdays from 10AM- 2PM Saturday activities include access to the exercise room, a movie, board games, billiards, ping pong, musical performances and group discussions.





KEENE SENIOR CENTER FUNDRAISERS

Donate Your Unwanted Car to The Senior Center

It's so easy!

Making a donation takes only five minutes. Call 352-5037, and talk with Cheryl or Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price to assure the highest tax deduction for you. The

Senior Center usually takes your car running or not and does all the paper work including the IRS documentation for your tax deduction. Your donation will make it possible for more people to enjoy The Senior Center.

Thrift Store: The Keene Senior Center's Thrift Store is open Monday-Friday 9 AM—4 PM and Saturdays 10AM-2PM with a great selection of women's and men's clothing, jewelry and other small decorative items. We are now carrying adult sizes XS—3X. Clothing donations are accepted Monday thru Friday and Saturdays.

Colony Antiques—now located at 48 Emerald Street. Do you have a collectible object that is 50 years or older? Have an antique piece of furniture, or a work of art? Consider donating it to The Keene Senior Center. These items are consigned at Antiques at the Colony Mill, and the majority of the proceeds come back to The Center once the item is sold. Drop off your items at The Senior Center's front desk and we will take care of the rest.



Planet Aid—You will now see a familiar yellow box in the parking lot of the Senior Center. We will be hosting a donation bin for textiles only (clothes and shoes.) Planet Aid is a nonprofit organization with a reputation for empowering disadvantaged peoples around the globe. Planet Aid uses the funds that are generated from selling the clothing we collect to support international aid projects in Africa, Asia and the Americas. The Senior Center will receive .03 per pound of clothing collected.

B.I.N.G.O. News

Do you or someone you know love to play BINGO?

We are looking to find some more BINGO players for our Friday afternoon (12:30) BINGO game.

To encourage new participants we have eliminated the cost of a day pass (\$6) for non-members who would like to come and play BINGO .



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**BREAKING
GROUND
FALL 2017**



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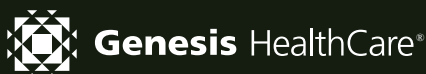
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KEENE SENIOR CENTER PROGRAM CALENDAR

NOVEMBER 2018

* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			November 2018		
			<p>November 1 Thursday 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 9:30 Super Seniors 10:00 Family Memoir 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:00 Book Club 1:30 Creative Writing 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 3:00 Ashuelot Concerts</p>	<p>November 2 Friday 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 12:30 Turnup Gardeners 1:00 Movie in the Living Room</p>	<p>November 3 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>
<p>November 5 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga- 1:30 Ping Pong 1:30 – New Member Orientation</p>	<p>November 6 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p>November 7 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 11-12 Computer Help w/Meg 12:00 Friendly Meal * 1:00 Senior Swingers</p>	<p>November 8 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:00 Family Memoir 10:10- 10:55 Kids from the Keene Y 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards</p>	<p>November 9 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Card Making-Not Today! 1:00 Movie in the Living Room</p>	<p>November 10 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>
<p>November 12 Mon VETERAN'DAY SR CENTER CLOSED</p> 	<p>November 13 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p>November 14 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 11-12 Computer Help w/Meg 12:00 Friendly Meal * 1:00 Senior Swingers</p>	<p>November 15 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:00 Family Memoir 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 4:00 pm Board Meeting</p>	<p>November 16 Fri 1:00 Card Making-Not Today! 1:00 Movie in the Living Room</p>	<p>November 17 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p>

Monday November 19 Mon	Tuesday November 20 Tues	Wednesday November 21 Wed	Thursday November 22 Thurs	Friday November 23 Fri	Saturday November 24 Sat
7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30-10:30 The Nurse is In (H.C.S.) 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 11-12 Computer Help w/Meg 12:00 Friendly Meal * 1:00 Senior Swingers	THANKSGIVING DAY Senior Center is CLOSED 	DAY AFTER THANKSGIVING Senior Center is CLOSED 	Senior Center CLOSED Enjoy the Thanksgiving Holiday! 
November 26 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	November 27 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	November 28 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 11-12 Computer Help w/Meg 12:00 Friendly Meal * 1:00 Senior Swingers	November 29 Thur 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:00 Family Memoir 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 2:15 CV@H – Social- FIRE SAFETY IN THE HOME with Lt John Bates-KFD	November 30 - Friday NO BINGO OR LUNCH – PREP FOR HOLIDAY FAIRE	SATURDAY DECEMBER 1  HOLIDAY FAIR 9AM-2PM Lunch 11-1

The Community Kitchen is looking for specific items and would be grateful for donations of:

CANNED FRUIT
BAKED BEANS
CANNED & BOXED DINNERS
GRANOLA BARS



These donations will be used for the Kids Food Program, which offers extra food for families with school age children.

The Keene Senior Center Thrift Shop is looking for specific items and would be grateful for donations of:

- Clean and like-new Clothing of all sorts:**
Coats, Jackets, Sweaters, Vests
Women's and Men's Suits, Scarves, Ties
Shirts, Pants, Shorts, Skirts of all adult sizes



Donations of jewelry—costume and quality—will also be well-received.

We are unable to take donations of household goods, toys or decorative items.



Craft Corner KNITTERS & CROCHETERS

Welcome to our wall of yarn, in every color of the rainbow, for you to choose from; needles and books available free of charge too. This group no longer meets at The Center but creates items for themselves and to donate to local organizations in October. **If you are interested in coming together again to knit and crochet, please let us know so we can get the word out.** Please help yourself to yarn and make some hats, scarves, mittens and blankets of any size. We will accept your donations anytime throughout the year—please label your bag with your name and phone number as well as a list of what you have brought. This way we will be able to thank you properly in the Fall. We will need volunteers in October to distribute the items around the region.

HANDCRAFTED CARDS

Join us on the 2nd and 4th Fridays at 1:00 PM while Janice Bourassa guides the creation of beautifully handcrafted cards. Supplies are furnished. As a member it is free. It is amazing how easily a beautiful card can be created and so much appreciated by the recipient!

QUILTS R' US

The Quilts R' Us group meets Thursdays in the Craft Room here at The Senior Center. The group welcomes any interested members who would like to sew together and share ideas about quilting. There are a few sewing machines available, if bringing your own is tough. The group meets on Thursdays at 9:30AM.

Social Programs



BILLIARDS/POOL

Let's start playing more billiards/pool! Bring your own cue stick, if you have one. Some are available here. Thursdays at 2:00 PM.

BINGO

Please see Kevin Macauley the Bingo leader, about minimal costs to play. Fridays from 12:30-3:30 PM.

Also a big thank you to Colleen DiLuzio for all that you do!

BRIDGE

This card group meets Tuesdays at 1:00 PM at The Senior Center and Fridays at 12:30 PM at Bentley Commons.



PINOCHLE & HEARTS

All experience levels welcome, even those who have never played before, but are interested in learning this card game. Mondays at 11:00 AM.



MOVIES IN THE LIVING ROOM—Tuesdays, Fridays and Saturdays!

Join us in the living room for a movie on **Tuesday** afternoons from 1:00-3:00 PM—after Tuesdays Together meal. Also **Fridays** from 1:00-3:00 PM—after Garden Fresh Friday meal and Saturday mornings at 10:15. Let us know if you have any specific requests and we will work to fulfill them.

SENIOR SWINGERS

Senior Swingers is our singing group that meets on Wednesday at 1:30 PM. They sing at many of The Senior Center functions, other senior centers, nursing homes, community events, and present an annual show in September. They are always welcoming new members. Just show up to sing along. There are no auditions. They are a spirited and fun group.

PING PONG

The Monday afternoon ping pong players would like to invite anyone interested in playing a fun, competitive game of ping pong on Mondays at 1:30 PM in the gym downstairs. Ping pong balls and paddles are provided. For questions, contact program leader, Charlie Wagar, by calling the Center at 352-5037 or e-mailing chucktheduck99@hotmail.com.

FITNESS AND HEALTH PROGRAMS

GYM FACILITY OPEN and available for your use. Equipment includes: treadmills, bikes, weights/weight machine and an elliptical. **On Tuesdays from 3-4 PM: LEARN TO USE THE GYM** with Tony Guarino, long-time physical education instructor. He will help you learn stretching techniques and safety measures while using the machines. Plan to wear comfortable clothes, and if you have any physical limitations let Tony know so he can accommodate your needs.

AGE IN MOTION ~ Exercise programs designed especially for seniors who would like to work on strength, balance and prevention of falls. Sessions consist of warm-ups, lifting weights, exercises for balance and flexibility and a cool down period.

Age in Motion 2 (Tuesdays & Thursdays at 10:30 AM), (group led) recommended intro class.

Age in Motion 1 (Mondays & Fridays 10 AM) is more advanced

CHAIR YOGA~Features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **Mondays at 1 PM.**

QIGONG~features slow and simple movements to encourage the smooth flow of Qi (energy) and promotes longevity, decreases pain, alleviates stress and increases balance, strength and flexibility.

Wednesdays at 10 AM. \$3 instructor fee per class.

YOGA ~is an exercise program that focuses on breath control, simple meditation and specific body postures while standing or lying on the floor.

Tuesdays at 9 AM

Thursdays at 9 AM

KRIPALU YOGA ~ can be a challenging approach to yoga practice that emphasizes meditation and breath work and encourages inward focus and spiritual attunement.



Basic Premise: Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth and spiritual awakening. **Mondays at 8:45 AM.**

FITNESS AND HEALTH PROGRAMS *continued*

~Beginners Tai Chi: Thursdays 11:30 ~ 2:30 will cover the first 18 postures of the Yang style Tai Chi form. Each class will include warm up Chi Kung exercises and two to three Tai Chi postures. The movement is slow, flowing and focused. Tai Chi can improve balance, flexibility and mental focus. A DVD will be available for new students after the third class. Students may continue to attend class even though they have learned the 18 postures as a weekly practice.

~Intermediate Tai Chi: Thursdays 12:45 ~ 1:45 will continue beyond the first 18 postures to complete the Yang short form of 80 postures. Chi Kung warm up exercises and push hands practice will also be included. This class will be ongoing.

Personal Enrichment Programs at the Senior Center

BOOK CLUB

Are you interested in meeting new, interesting people? Do you like reading things you might not otherwise read? Do you like fun discussions? The Keene Senior Center's book club is the perfect program for you. We meet the **1st Thursday of the month at noon.** Lead by member **Laura Stempkowski.**

CREATING YOUR FAMILY MEMOIR

Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. This program is lead by **David Robinson** who has 25 years of experience with book and magazine publishing.

~ The Buddy Board ~

New

If you are looking for a companion to walk with, go to the movies with, discuss a recently read book with—post your quest on the Buddy Board. The Buddy Board is located at the top of the ramp of the Office Entrance.

“There are no strangers...only friends you haven't met.”

Tasty and Happy

Thanksgiving

The aroma of our plump
Turkey roasting in the oven-
Sage stuffing and veggies
Simmering on the stove-
Cranberry jelly and dumplings
Awaiting our grandkids arrival-
May all our Senior Families enjoy

A Tasty and Happy

Thanksgiving!!!

Stuart Carswell

A Turn-Up Gardener



NEW MEMBER
ORIENTATION

SECOND Monday of the Month
At 1:30 PM

Welcome all new members!!!! You are invited to join The Keene Senior Center's Executive Director Cameron Tease and member Marilyn Robbins to learn all your new membership has to offer you, ask questions, meet fellow new members, and get a tour of the facility.



Membership Rates

**N
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Individual	\$60
Couples	\$108
Discounted Individual (income <\$25,000)	\$48
Discounted Couples (income <\$30,000)	\$84
Day Passes	\$6
Scholarship	Please ask for application
Volunteer (After 50+ hours annually)	No Cost

The option to pay your annual fee in two consecutive month installments if necessary, is now available.

We hope this is helpful.

(V) Vegetarian choice is available each day
Tuesdays Together

Nov 6th: Beef Stew
With dumplings
Fruit Salad

Nov 13th : Chicken Pie
Cranberry Salad
Peas

Nov 20th: Shepard's Pie
Salad
Fresh Fruit

Nov 27th: Turkey Soup
Fruit Salad
Bread



Garden Fresh Friday

Nov 2nd: Spanish Riche
w/chicken
Stir -fry vegetables
Fruit salad

Nov 9th: Meatball w/ Angel Hair pasta
Tossed Salad
Garlic Bread

Nov 16th: Chicken Salad with rolls
Cranberry/orange relish
Broccoli



Nov 23rd: Senior Center Closed –
Thanksgiving

Nov 30th: Keene State College Student Emily
Chicken Vegetable Soup with Rice
Rolls
Fruit Salad

PLEASE LET US KNOW AT LEAST TWO DAYS IN
ADVANCE OF ANY SPECIAL DIETARY NEEDS.

Dessert: We rely on dessert donations each week. If you bring a dessert to share, your lunch is free that week!

Preregistration is required

Fee: \$3 per person. Available leftovers can be purchased for \$0.25 cents per item. Menu is subject to change.

Friendly Meals ~ Wednesdays at Noon

Every Wednesday Home Healthcare Hospice & Community Services (HCS) provides a noon meal.

Pre-registration is required, call Mon. by 10:00AM.

The Keene Senior Center 603-352-5037



Senior Passport Program

Eating well, exercising, and staying apprised of health-related information is important at any age.

Senior Citizens 60 years and older can receive a free passport to better health and information and at the same time, have an opportunity to partake in the Cheshire Medical Center/ Dartmouth-Hitchcock Keene's passport meal program.

Membership in the Senior Passport Program entitles participants to **free nutrition, exercise, and health education lectures, and classes.** Members can also enjoy a "Passport Meal" in our dining room. Our passport meals include the following: an entrée with two sides and a beverage (Vitality water, 8oz. milk or a small hot beverage) for \$4.95.

Meals are available **Monday through Friday, 4:30 to 6:30 PM. Saturdays and Sundays, 11:30AM to 1:30 PM and 4:30 to 6:30 PM**

Commodity Supplemental Foods Program

Southwestern Community Services works with the Commodity Supplemental Foods Program (CSF) which provides healthy foods to supplement the food budget of eligible seniors over 60. The value of the food is approximately \$50 per month. To apply for CSF, call 800-529-0005 x 4234 or 603-719-4240. Distributions for CSF are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale and Jaffrey. The eligibility requirement for the Elderly CSF Program are \$15,678 annually for a single person and \$21,112 for two.

Southwestern Community Services (SCS) has been working with all social service agencies in Cheshire and Sullivan Counties to reach our low income population. It is a non-profit Community Action Agency as well as a United Way Agency. Their mission is to empower low income people and families with dignity and respect. SCS will provide direct assistance, reduce stressors and advocate for such persons and families.

September Re-Cap Boy, were we busy!!!!!!



De Mar Super Senior Marathon Participants Sunday, September 30, 2018



Oldest
Participant:

Wendell Pollock
92 years young

Fastest Male
Participant:
Jack Glenn

Fastest Female
Participant:
Judy Lessard
(not pictured)

There were 105 registrants in the
Super Senior field
~ 40 Males and 65 Females,~
Total ages: 8026 years!!!
~ Average age: 76.4



Facility Rentals:

For meetings, parties, & other special functions: our facilities are available for rent by individuals and organizations. All are handicapped accessible, air conditioned, with on-site parking. Maximum capacity is 124 people.

Multi-Purpose Room

For-profit organizations: \$50 per hour

Non-profit organizations: \$25 per hour

Kitchen

For-profit organizations: \$30 per hour

Non-profit organizations: \$25 per hour

Living Room

For-profit organization: \$25 per hour

Non-profit organization: \$15 per hour

Please consider renting our space for your next big gathering.

November Thrift Shop Sale

50% Off

~ Light jackets

~ Chinos and jeans

~ Scrubs
(supplies limited)

I ♥
SALES

Open Monday thru Friday

9:00AM –4:00PM

and Saturday 10:00AM—2:00PM

Not open on Saturday November
24—Thanksgiving weekend.

Keene Family Y
pre-School kids visit on
Thursday November 8
from 10AM to 10:45AM.
Come have fun and use this
time as an excuse to act
like a kid again!





NON PROFIT
ORGANIZATION
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70 Court St.
Keene, NH 03431

Return Service Requested

The truly rich are those who enjoy what they have.
Yiddish Proverb

